



SSEP, A Nonprofit Corp., POB 9705, Fountain Valley, CA 92728-9705
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Scientific Event of the Year



GDM PASADENA II:

An International Conference On Gestational Diabetes

GDM Pasadena II Conference will be held at The Westin in Pasadena, California on April 8-10, 2010. This is a scientific conference where 40 leading International experts in diabetes and reproductive health will present state-of-the-science research and outcome studies followed by interactive discussion sessions. This program is designed for leaders in diabetes and pregnancy management that oversee policies and determine management strategies in their facilities. This conference will be the foundation for future clinical recommendations and will assist in improving standards of care. Each day's presentations will reflect the topic theme: Pathophysiology, Epidemiology and Management. Daily Abstract Posters will be displayed in the conference room based on the day's theme.

There will be a welcoming reception with music Wednesday night, 6-9 pm, April 7, 2010. The venue is the lovely Westin Hotel at 191 N Los Robles Ave, Pasadena, CA 91101; (626) 792-2727. The surrounding neighborhood and city center are delightful, and the restaurants and shops of Old Pasadena are a short stroll away. The discounted group room rate of \$179 is available until March 2, 2011, but attendees are urged to make reservations early for this popular conference as attendance is limited to 200. Online hotel reservations are available at <http://www.starwoodmeeting.com/Book/GDMPasadena>.

For more conference info, visit: www.sweetsuccessexpress.com./conferences.htm.

Sweet Success Update GOAL

Our goal is to publish useful information and/ or tools to help team members provide quality diabetes and pregnancy care.

SSEP Contact Information

www.SweetSuccessExpress.org
or call Debby Rice or M. Joann Henry at: Phone 714-968-0735 or email at ssep1@verizon.net.

Sweet Success Annual Research Conference

Contact Info: www.proedcenter.com
Sweet Success Express (Prof. Ed. Center)
Sherrill Tillger at 800-732-2387
sherril@proedcenter.com or
www.sweetsuccessexpress.com

Sweet Success Affiliate/Associate Trainings

Loma Linda, CA, Feb.23-24, 2010
Plano, TX, May 21-22, 2010
Seattle, WA, June 25-26, 2010
Atlanta, GA, September 24-25, 2010
For information, visit

<http://www.sweetsuccessexpress.org>

GDM Pasadena II: An International Conference on Gestational Diabetes:

April 8-10, 2010. The Westin Pasadena, CA
Contact ssep1@verizon.net for Info

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Sweet Success Associate Training:



Seattle, WA-June 25-26, 2010

Atlanta, GA-Sept. 24-25, 2010

Plano, TX - May 21-22, 2010



Current Standards of Practice for Diabetes in Pregnancy

By popular request, the Sweet Success Associate Trainings are back. Three events are scheduled for 2010: Plano, TX (Dallas area) on May 21-22, 2010; Seattle, WA on June 25-26, 2010 & Atlanta, GA on Sept. 24-25, 2010.

This program is designed to provide practical, hands-on information about diagnosis, management, education and support of women with pregnancies complicated by diabetes. Faculty includes an multi-disciplinary team (RN, RD, MSW) trained in the Sweet Success to teach multi-disciplinary team members. Workshops will provide interactive case studies and a hands-on insulin management session (injections & pump). Teaching concepts are based on the highly successful Sweet Success model of care and are consistent with the current American Diabetes Association Clinical Recommendations.

FOR MORE INFORMATION ABOUT GDM II & Sweet Success Trainings: visit:

www.sweetsuccessexpress.com./conferences.htm. Or contact SSEP at 714-968-0735 or ssep1@verizon.net for information or with questions.



Sweet Success 2009: Special Achievement Award Winners

(The following Summary Statement was prepared by AADE)

Diabetes Self Management Training and Education (DSMT) New studies support DSMT Value and Cost Effectiveness



First Place: Southwest Healthcare System, Sweet Success Food Bank Debbie Edwards RN CDE & Joyce Evans, RN (on Right)
Runner Up: St. Mary Medical Center, Culturally Appropriate Postpartum Screening of GDM Women Rosa A. Rangel RN MSN/Ed CDE (on Left)

The 11th Annual Sweet Success Express Research Conference was held at the Embassy Suites South Anaheim in Garden Grove, CA on November 5-7, 2009. The conference was exciting, and addressed many issues related to the changes and challenges faced by today's health care workers.

One of the highlights of the conference was the Saturday Sweet Success Special Achievement Awards Ceremony. This event is jointly sponsored by Sweet Success Express, SSEP and CDAPP. This program recognizes and rewards Sweet Success Affiliate Programs for developing and sharing innovative programs, teaching tools and education materials that improve care to women with diabetes related to pregnancy. The 2009 winners include:

First place award went to Debbie Edwards RN CDE & Joyce Evans, RN from Southwest Healthcare Systems, Murrieta, CA, for their "Sweet Success Food Bank". They developed a food bank which relies on Sweet Success-friendly foods donated by hospital employees, volunteers, and members of the community.

Runner-up award went to Rosa A. Rangel, RN, MSN/Ed, CDE from St. Mary Medical Center, Long Beach, CA, who presented a "Culturally Appropriate Postpartum Screening of GDM Women". This is a follow-up postpartum program for GDM patients which increased their postpartum screening from 42.9% in 2006 to 100% in 2008.

Each winner received one free registration to the conference, an engraved plaque and were able to display their program material in the conference exhibit area. All Sweet Success Affiliate and Associate Programs are eligible to participate. If your program has developed an innovative program, teaching tool or education material that improves services, more information is available from SSEP at email_ssep1@verizon.net or Suzanne Sparks, RN, BSN, CDE, at SUSparks@llu.edu.

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NEW & AVAILABLE - See Order Form (Pg 3)

NEW - 2010 - Diabetes & Pregnancy Resource Manual CD
2009 of the **GDM Patient Handbook**

Guidelines at a Glance: **Insulin Calculation & Adjustment** - CD
ONLINE -Diabetes & Pregnancy Self-Study Module-40 CE credits

Summary: New findings presented at an National Institute of Health (NIH) conference in December 2008, as well as a study slated for publication in early 2009, provide additional compelling evidence that DSMT programs, involving a health team approach that includes Certified Diabetes Educators (CDEs), not only significantly reduces overall health costs but also improves health outcomes. Unfortunately, the findings also show that DSMT programs are underutilized by some aspects of the population most in need of such services, and that physician awareness of DSMT is limited.

Congressional Action Needed:

These findings support the critical need for Congress to enact legislation to include

CDEs as Medicare providers of DSMT, in order to enhance access to DSMT care that directly impacts diabetes health outcomes and saves money.

Findings:

--In a study of over 32,500 high risk pregnant women with gestational diabetes, DSMT reduced overall pregnancy related health costs by average of \$13 thousand per pregnancy.i

--A 3-year retroactive claims analysis of 4 million covered lives, including 250,000 Medicare beneficiaries, presented at an NIH conference in December 2008, showed an average Medicare cost savings per month/per patient of \$135 for those beneficiaries who complete DSMT. ii

--Cost savings for inpatient hospital costs, according to the study above, is even more profound, showing savings of \$160 per month/per patient. ii

--Pharmacy costs for patients in the study above showed a modest increase, as a result of patient adherence to prescribed physician medication regimens. This increase was more than offset by reduced hospitalization and lower overall health expenditures. ii

--A systematic review of existing literature on DSMT programs found that 70% of all relevant studies showed DSMT resulted in decreased health care costs.iii

--Patients who undergo a DSMT program have, at a minimum, a 10% higher adherence and compliance rate with clinically appropriate, evidence based medical treatments to improve their health outcomes .i, ii, iii. It also includes improvements in risk reduction behaviors, such as blood glucose monitoring and cholesterol monitoring.

--Physician understanding of the role of diabetes education in the treatment of patients with diabetes varies greatly. ii This finding supports the ongoing need for Congressional support to help educate physicians about DSMT and the need to include CDEs as providers, to allow CDEs to work more effectively with physician offices to improve patient quality of care.

--Insured patients who are most likely to undergo a DSMT program are younger, female and reside in more affluent areas. li Unfortunately, this means that older, poorer, and -- most likely - sicker Medicare beneficiaries do not have access to the type of cost effective, life saving benefits afforded by DSMT.

References

i An Assessment of Patient Education and Self Management in Diabetes Disease Management, Karen Fitzner, PhD; Deborah Greenwood, Med, APRN, BCADM, CDE; Hildegard Payne, RN, MA, CDE; John Thomson, Lana Vukovljak, MA, MS; Amber McCulloch; James E. Specker, Population Health Management, Volume 11, 2008.

ii Assessing the Value of Diabetes Educators and Diabetes Self-Management Education/Training, Ian Duncan FSA FIA FCIA MAAA; Solucia Inc.; Christian Birkmeyer, MA, Solucia Inc.; Suzanne Austin Boren, PhD, University of Missouri; Karen Fitzner, PhD, American Association of Diabetes Educators. Poster NIH Disparities Conference, Dec 16-20, 2008, Washington DC

iii Costs and Benefits Associated with Diabetes Education, Suzanne Boren, PhD; Karen Fitzner, PhD; Pallavi Panhalkar; James E. Specker. Publication date: 2009 The Diabetes Educator.

Education Materials Based on SS Guidelines-for-Care 2002 & 2005-06 Updates & SS Pocket Guidelines 2008

GUIDELINES-AT-A-GLANCE (Quick references)

1001 - \$20 - For GDM: 8 laminated two-sided pages summarizing key points for GDM management.

1002 - \$20 - For Pregnancy Complicated by Preexisting Diabetes: Booklet, Key points for managing preexisting diabetes during pregnancy.

#1003 - \$20 - For Calculating and Adjusting Insulin: CD step-by-step instructions for calculating and adjusting insulin doses (includes team management of insulin therapy & insulin calculation practice sections).

#1023 - \$50 - Complete Set of 3-SAVE \$10/set

#1101- \$55/yr - Individual Membership

#1102 - \$125/yr - Organizational Membership (3 members in 1 facility)

BENEFITS: Newsletter; Conference/Ed material discounts; Online standards consults; email updates and Personalized Membership Card, Annual Drawing; Earn 6 extra chances to win with every \$100 donation to SSEP.
FREE: Guidelines-at-a-Glance - Join & apply discount to this order! No tax or SH for this item

SSEP CD PowerPoint Presentations

#1501 - \$24 - Tests for Screening and Diagnosing Diabetes during Pregnancy and Postpartum

36 slides detailing the current Sweet Success recommendations for testing. Ideal for in-services and new personnel.

#1502 - \$35 - Insulin Therapy During Pregnancy, Part 1: Insulin Injection Therapy & Part 2: Insulin Pump Therapy. Includes insulin analogues, calculating & adjusting insulin for both injections and pump use during pregnancy

#1601 Eng / #1602 Sp - GDM Patient Handbook
 28 page patient hand book covers diabetes, pregnancy, testing, labor/delivery, breastfeeding and followup. Average reading level. — Price: < 10 = \$3.50/ea; 10 - 24 = \$3.25/ea; 25 - 49 = \$3/ea; 50-199 = \$2.75/ea; >200 = 2.50/ea. **English or Spanish UPDATED- 2009**

1051 - \$36 - Diabetes/Pregnancy Resource CD
 Over 100 health education, nutrition and psychosocial tools for patient and professionals. Useful for patient teaching and staff training. **May be personalized to your program, printed and copied for owner's use - may not shared with other programs.**

For more information call 714.968.0735
 or email ssep1@verizon.net
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#1300 -SSEP SELF-STUDY SERIES CE COURSES
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#1401 - FREE - SWEET SUCCESS ASSOCIATE PROGRAM Packet: how to become a Sweet Success Affiliate Program. (May be added to Order Form - No cost for packet)

Sweet Success GUIDELINES for CARE: 2002 with Updated in 2005 and 2006 - CD

MAY BE ORDERED DIRECT FROM: Sweet Success Resource Center, San Diego, CA, by contacting: Phone: 858-536-5090- Email: opena@ucsd.edu
 Well-referenced, practical approach to team care. Appropriate for all health care providers.

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#1300-14 - Sweet Success Guidelines for Care CD- \$25
#2002 - 2008 Sweet Success Pocket Guidelines - \$15
 Handy pocket guide - 10 double-sided laminated pages - NEW Developed by GDAPP

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CE CREDITS Provided by Professional Education Center (PEC): A provider approved by the California Board of Registered Nursing Provider #9890, Florida #FBN2219, Iowa #290, Kansas #LT0170-0261, and AACN for contact hours listed. AACN Category A (clinical) or O (general). PEC is accredited by the: Alabama State Nurses Association which is accredited as an approver of Continuing Education in Nursing by the American Nurses Association Board on Accreditation ANCC Provider #5-67.0. CE Certificates will be mailed after module completion and review at SSEP-PEC offices.

Registered Dietitians/Dietetic Technicians, Registered: The 12 SSEP Self Study Modules have been approved by the Commission on Dietetic Registration for 40 CPEUs for RDs and DTRs.



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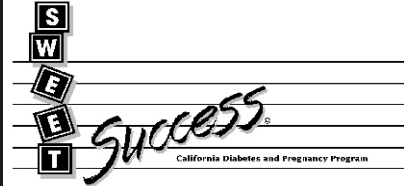
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Breastfeeding Update Moms at Work Get a Leg Up

The 'Division of Labor Standards Enforcement (DLSE)' revised its web-site to include not only the lactation accommodations that employers must provide but also how to file a report or claim with the DLSE Bureau of Field Enforcement. Four months ago, a publication on the lactation accommodations required by Labor Code § 1030, seen on the California State website at Labor Code 10300:

<http://www.leginfo.ca.gov/cgi-bin/displaycode?section=lab&group=01001-02000&file=1030-1033> was impossible to find. Now the website is much more user-friendly and will better help nursing moms to know their rights in the work place. Kudos to Labor Commissioner, Angela Bradstreet, and to her incredible team, as well.

Visit the California State website at:

<http://www.dir.ca.gov/dlse/DLSE-Publications.htm> for the new Publication Rest and Meal Periods/Lactation Accommodation. Be sure to scroll down to see this publication in English and in Spanish.

Visit the California State website at:

<http://www.dir.ca.gov/dlse/HowToFileBOFECclaim.htm> to file a claim with the Bureau of Field Enforcement.

Reprinted from the December 29, 2009 issue of the Greater LA Breastfeeding Bee newsletter: Latched on and Linked In. Visit <http://www.breastfeedingtaskforla.org/> to see complete newsletter.

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Winter 2010

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